

APPENDIX E

FOODS OF MINIMAL NUTRITIONAL VALUE

- ⊖ Soda Water
- ⊖ Water ices: those which contain fruit or fruit juices are not included.

⊖ Chewing gum

⊖ Certain candies:

- * Hard candy includes such foods as sour balls, fruit balls, candy sticks, lollipops, starlight mints, after dinner mints, sugar wafers, rock candy, cinnamon candies, breath mints, jaw breakers, and cough drops.



* Jellies and gums includes such foods as gum drops, jelly beans, jellied and fruit-flavored slices.

- * Marshmallow candies
- * Fondant includes such foods as candy corn and soft mints.
- * Licorice
- * Spun candy
- * Candy-coated

popcorn



They are above items

may not be used in School Lunch except as a part of a recipe when used in conjunction with a food containing nutritional value.

Signature _____

Date _____

APPENDIX H

Frozen Food Storage Guide For Commodities (in months)

Food Item	40° F	70° F	90° F
GROUP A			
Applesauce, cnd	48	24	12
Apple Slices, cnd	48	24	12
Apricots, cnd	48	24	12
Cherries, cnd	36	18	9
Date Pieces	Refrigerate for up to 5 mo. Freeze for up to 1 year.		
Fig Nuggets	Store at 55-70° F or below for up to one year.		
Mixed Fruit, cnd	48	24	12
Peaches, cnd	48	24	12
Pears, cnd	36	18	9
Pineapple, cnd	48	24	12
Plums, cnd	36	18	9
Plum/Prune Puree	Store in cool, dry area. Use within 9 mo. of delivery.		
Prunes, Pitted, Dried	18	9	5
Raisins, Seedless	18	9	5
BEANS, DRIED			
Beans Blkeye	24	12	9
Beans Lt Kidney	24	12	9
Beans Red Kidney	24	12	9
Lentils	24	12	9
Beans, Lima	24	12	9
Beans, Peas	24	12	9
Beans Split Pea	24	12	9
Beans, Pinto	24	12	9
Beans, Sm Red	24	12	9
VEGETABLES			
Beans Veg, cnd	48	24	12
Beans. Cnd dry	72	36	18
Beans, Refried (lowfat), cnd	72	36	18
Beans, Green, cnd	48	24	12
Carrots, cnd	60	30	15
Corn, cnd	72	36	18
Peas, cnd	72	36	18
Salsa, cnd	48	24	12
Spaghetti Sauce, cnd	48	24	12

Food Item	40° F	70° F	90° F
Sweet Potatoes, cnd	48	24	12
Tomato Paste, cnd	36	18	9
Tomato Products, cnd	48	24	12
MEAT/MEAT			
Beef NJ, cnd	60	36	18
Pork NJ, cnd	60	36	18
Poultry, cnd	60	36	18
Lunch Meat, cnd (Offshore)	60	36	18
Egg Mix, dry	Store in cool, dry place--use within 12-15 months		
Cheeses	*	*	*
Salmon, pink, cnd	72	36	18
Salmon, pouches	72	36	18
Tuna, cnd	72	36	18
GROUP B			
Bakery Mix (reg. & lowfat)	12	6	3
Bulgur (cracked wheat)	Store in cool, dry place--use within 4 months.		
Flour, all types	24	12	6
Cornmeal	24	12	6
Grits, corn	24	12	6
Oats Rolled, Quick	24	12	6
Pasta Products	72	36	18
Rice, Brown	At 36-40 ° F--use in 6 mo. At 50-70° F use in 3 mo.		
Rice, Milled	48	24	12
Peanut Butter (reg. & red.)	36	18	9
Peanut Granules	60	24	12
Peanuts Roasted	60	24	12
Vegetable Shortening	48	24	12
Vegetable Oil	24	12	6
Salad Oil Dressing	24	12	6
Salad Dressing, Reduced Cal.	8	5	2
Wheat, Rolled, Quick	24	12	6
NFD Milk	24	12	3
Honey	48	24	12
Butter	Store for 30 days at 32-35 ° F		

*Processed American and Cheddar Cheese can be kept for 18 months at a constant 32 F in its original package. After opening, it can be kept well wrapped at 30-35° F for 3-4 weeks.

*Mozzarella Cheese can be frozen at 0° F for one year in its original package. After opening, it can be kept well wrapped at 30-35 F for 3-4 weeks.

*Lite Mozzarella Cheese is best if used within 5 months when stored between 38 and 42 F in its original package.

*Reduced Fat Cheddar Cheese is best if used within 5 months when stored below 40 F in its original package.